

LYNN COUNCIL ON AGING SENIOR CENTER



**January
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

I would like to take this opportunity to start off the year with a letter of gratitude. I am fortunate to have a great job and work with many great people. So publically with enthusiasm, I am expressing my appreciation to my hard working staff and volunteers for their dependable, dedicated ways. They understand that the advocating task may be a difficult one at times. They know the goal to enrich the lives of all is especially important. They know we do the best we can at all times. My hopes, are to inspire us all to continue our mission throughout 2016 refreshed with new ideas, rejuvenated to avoid complacency and healthy and strong to carry it all out. Happy New Year. Thank you for all your hard work and support.



~Stacey Minchello

From Your Mayor

Happy New Year. I wish you all the best in 2016, and hope it is filled with much health and happiness.

It should be another exciting year of events at the Lynn Auditorium, with upcoming performances by Melissa Etheridge, Chicago, Disney in Concert, Cesar Milan and many more. Stay tuned for more information, or visit www.lynnauditorium.com.

The Lynn Museum will be hosting its opening reception for the new exhibit, "From Sea to Sky: Outfitting for Travel" on Jan. 21 at 6 p.m. This exhibition will include textiles, accessories, artifacts, art and photography as they relate to Lynn's role in the development of different types of transportation, focusing on land travel, seafaring and aviation. Drinks, snacks and live music will be offered. The museum will also be offering eight-weeks of ballroom dancing lessons starting Jan. 8. For more information, visit www.lynnmuseum.org.


Also this month is the annual Martin Luther King Jr. celebration breakfast, sponsored by the Community Minority Cultural Center (CMCC). The event will feature speeches from various community leaders as well as music, poetry and essays from young people who participate in several Lynn organizations.

For everyone venturing out during these winter months, please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks safe for you. Snow emergency information will be broadcast on the radio and local cable networks: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, Verizon Channels 28 and 37 and the City of Lynn website. Blue lights also will flash during snow emergency events.

Be safe, and best wishes for the coming year,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
11:30 a.m.

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Next FRIENDS
meeting,
Feb. 25th 10am

It's Tax Time!

Tax Appointments Sponsored by AARP February 8th– April 11th

Partnered with AARP, the Lynn Senior Center offers free tax appointments to all registered seniors of the Lynn Council on Aging Senior Center.

Appointments are 1 hour long on Mondays, 9 am – 12 pm, starting February 8th and ending April 11th. Please be advised that there are two tax advisors so two seniors will have the same appointment time. *Please call Mayra at 781-586-8546 to reserve an appointment.* Expect a questionnaire in the mail that you are to fill out and bring in with you on the date of your appointment. No preparations will be completed without this intake form.

Appointments are first come first serve and do fill up.

JANUARY HAPPENINGS

Fri, Jan 1	Happy New Year!	Center is closed
Tues, Jan 5	Hearing Clinic	Resource room 10 am – 11 am
Weds, Jan 6	Lunch Trip: Fantasy Island Restaurant Salem \$2	11 am – 2 pm
Thurs, Jan 7	Birthday Karaoke	11:30 am – 1:00 pm
Thurs, Jan 7	Veterans Coffee Hour	1:00 pm – 2:00 pm
Mon, Jan 11	Field Trip: MBTA Senior ID –Downtown Boston	9:30 am – 2:30 pm
	Lunch @Wendy's \$2	
Tues, Jan 12	Blood Sugar <u>AND</u> Blood Pressure Clinic	8 am – 9:30 am
Thurs, Jan 14	Podiatry Appointments	10 am – 12 pm
Thurs, Jan 14	Ice Cream Social! Friends of LCOA \$2.25	1 pm
Fri, Jan 15	BROWN BAG: BOSTON FOOD BANK sponsored	10 am – 12 pm
Mon, Jan 18	Martin Luther King Day	Center is closed
Thurs, Jan 21	Field Trip: North Shore Mall \$2	10 am – 1:30 pm
Tues, Jan 26	Game Show 58 Frenzy! Win prizes	10 am
Thurs, Jan 28	Podiatry Appointments	10 am – 12 pm

Trips and activities may be cancelled depending on weather.

Tune into Lynn Cam TV public access for storm closing updates or

WCVB CH 5. You may also check on WWW.Facebook.com/LynnSeniorCenter

We will do our best as always to be timely in our updates.

Please pay close attention; our announcements are specific only to the Lynn Senior Center, not GLSS or the RIDE.

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JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Cheese lasagna/tomato sauce Spinach Calories-287 Sodium-565 ALTERNATIVE Creole style fish,rice and beans Calories-309 Sod.-300	5 Latin style roast pork / gravy Plantains Soup Calories-489 Sod.-220 ALTERNATIVE Chili chicken,yellow rice Calories- 336 Sod.-457	6 BBQ chicken Candied yams Broccoli Calories- 378 Sodium-408 ALTERNATIVE Curried beef,sweet potato Calories-476 Sodium-123	7 NE style cod Baked beans Soup Calories- 479 Sod.-517 ALTERNATIVE WG baked pasta/ mozzarella Calories- 349 Sod.-410	8 Meatloaf/brown gravy Mashed potato Peas Calories-378 Sodium-333 ALTERNATIVE Caribbean chicken Calories- 341 Sodium-185
11 Roast turkey Florentine Crispy potatoes California blend veg. Calories-286 Sod.-670 ALTERNATIVE *Eggplant parmesan*, pasta Calories-533 Sod.-732	12 Meatballs/marinara sauce Soup Calories- 471 Sod.-544 ALTERNATIVE Tilapia/tomatilla salsa,rice Soup Calories-298 Sod.-294	13 Roast pork/gravy Mashed sweet potatoes Capri blend veg. Calories- 617 Sodium-419 ALTERNATIVE Turkey/creole sauce Calories-319 Sod.-660	14 Chicken cacciatore/pasta Soup Calories-514 Sod.-552 ALTERNATIVE Stewed beef,rice Soup Calories-600 Sod.-200	15 Salmon/dill sauce Yellow rice Green beans Calories-300 Sodium-270 ALTERNATIVE Stuffed rigatoni/sauce Green beans Calories-371 Sodium-402
18 HOLIDAY NO MEAL SERVICE	19 Roast turkey/gravy Mashed potato Soup Calories-443 Sod.-578 ALTERNATIVE WG Macaroni and cheese Calories-313 Sod.-656	20 Cheese tortellini/meatsauce California blend veg. Calories-194 Sod.-192 ALTERNATIVE Arroz con pollo(chicken) Calories-218 Sod.-160	21 WINTER SPECIAL Stuffed chicken Mashed sweet potato Capri blend vegetables Rye bread Oatmeal cookie Calories-387 Sod.-590	22 Lemon pepper pork Red potatoes Green beans Calories-400 Sodium-268 ALTERNATIVE WG cheese pizza Calories-365 Sodium-622
25 Homestyle baked fish Sweet potato Ital. blend veg. Calories-277 Sod.-291 ALTERNATIVE Egg and cheese sandwich Calories-290 Sod.-680	26 Beef bourguignon/rice Soup Calories-404 Sod.-156 ALTERNATIVE Latin style pork/ gravy,soup Calories-412 Sod.-200	27 Roast turkey/mushroom sauce Mashed potato Calif. blend veg. Calories-276 Sodium-589 ALTERNATIVE Brazilian salmon,plantains	28 Chicken piccata/pasta Soup Calories- 385 Sodium-583 ALTERNATIVE WG baked pasta/ mozzarella Calories-349 Sod.-410	29 BBQ pulled pork Rice and beans Calories-492 sodium-609 ALTERNATIVE Sancocho(chicken stew) Calories-540 Sodium-626
28 Pork chops/gravy Sweet potato Collard greens Calories-663 Sod.-405 ALTERNATIVE Veggie burger,potato wedges Calories-319 Sod.-468	29 Chicken teriyaki Brown rice Stir fry veg. Calories-323 Sod.-534 ALTERNATIVE WG macaroni & cheese,soup Calories-313 Sodium-656	30 Beef stew Green peas Calories-413 Sodium-200 ALTERNATIVE Chicharon frito(pork) Calories-615	31 Turkey creole Sweet potato Soup Calories-331 Sodium-629 ALTERNATIVE *Baked ham*, soup Calories-313	ALL MEALS SERVED W/ BREAD AND 1% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE UNITS

CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods \$28

7 am - 6:30 pm

Tuesdays: Next trip to be announced soon!

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package: \$10 food coupon for retail food vendors or free buffet
Plus \$10 bonus slot play added to your rewards card on the
bus before entering casino. Remember to bring your
rewards card!



**Tanger Outlets at Foxwoods
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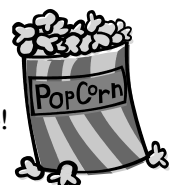
MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Jan 6 th	The Theory of Everything	2014	PG	123mins
Jan 13 th	Dolphin Tale	2011	PG	113mins
Jan 20 th	The Boy who could Fly	1986	PG	107 mins
Jan 27 th	Benji	1974	G	87 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



Senior Citizen Property Tax Work-Off Abatement

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 66.66 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program.

Questions? Call Pam at 781-586-8618.

KEEP WARM- KEEP SAFE

Think safety first when heating your home this winter!

Heating is the #2 cause of home fires in Massachusetts causing over 14,000 fires over the past five years. Use your home heating system and space heating appliances wisely and responsibly.

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.

Free carbon monoxide detectors to Lynn Home Owners, 60 and over...

Call Mayra and have your name and info added to a list for a home visit.

Sponsored by the Lynn Fire Department.

Benefits Check Up!

Millions of senior and adults with disabilities qualify for but are not enrolled in programs that could help them pay for prescription drugs, medical care, food or heat for their homes. Benefits check up is a free confidential online service. To see if you qualify for benefits, take the first step toward applying, go to: benefitscheckup.org If you do not have access to a computer or need assistance, call the senior center and make an appointment with us.



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Place Your Ad

Wellness Watch January 2016

January is Glaucoma Awareness Month. Glaucoma is the leading cause of preventable blindness. It can gradually steal sight without any warning and is considered the sneak thief of sight. Over 3 million Americans and over 60 million people worldwide have glaucoma, but many do not know that they have it. Up to 40% of vision can be lost without a person noticing.

Vision loss occurs due to damage to the optic nerve. The optic nerve is responsible for carrying images from the eye to the brain. There are two main types of glaucoma: primary open-angle glaucoma and angle-closure glaucoma. When there is an increase in the pressure inside the eye it can result in optic nerve damage and then vision loss. Glaucoma can affect people of all ages, but is seen primarily in middle-aged and elderly people. It is more commonly seen in African-Americans and Latinos compared to Caucasians. Other risk factors include diabetes or cardiovascular disease. If a parent or sibling has glaucoma there is an increased risk as well.

Regular eye exams are the best way to protect sight and eyes from glaucoma. Although there is no cure, medication or surgery can help to slow or prevent further vision loss. It is vital to detect glaucoma early in order to begin treatment right away. There are no symptoms to detect glaucoma. Vision loss begins with peripheral or side vision, and may be hard to notice until a significant amount of vision loss has occurred.

By raising awareness of the prevalence of glaucoma and the risk factors it will help to reduce undiagnosed cases and work toward a cure. Spreading information about glaucoma will help lead to more early detection and a higher chance of preserving one's sight.

For more information visit: www.glaucoma.org or call (800) 826-6693

Kelsey Spotts- Healthy Living Program Community Coordinator



The Kiosk for Living Well

It's Official!

Whew! Another year is under our belts. Whether you want to try things differently this year or continue with tried and true routines, we're ready to support your choices at the Kiosk for Living Well.

In January, **Brenda the Million Hearts Nurse** will be at the Kiosk on **Tuesday January 5th** and **Thursday January 28th from 9:30-11:30**. She will be joined by Community Health Workers Yasmel and Johanna who both speak Spanish and English and can check your blood pressure or work with you on diet. If you're looking for balance this year, come meet with **Sylvia, our Falls Prevention Specialist**. She'll be at the Kiosk **Thursday January 7th** from 9:00-11:30. We have lots of fun at the Kiosk and we also take any and all concerns very seriously.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.

Winter

L H A T A U G H T E E R
 R N A G G O B O T Z E I
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 Winter

Start the year off right by taking care of your business!

Avoid Identity Theft!

You're entitled to one free copy of your credit report every 12 months from each of the three nationwide credit reporting companies. Order online from annual-creditreport.com, the only authorized website for free credit reports, or call 1-877-322-8228. You will need to provide your name, address, social security number, and date of birth to verify your identity. It's a good idea to pull it and ensure that the information on all of your credit reports is correct and up to date.

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

The State Treasurer's Office oversees over \$2 billion in unclaimed money. Find out if some of it is yours! It's fast! It's easy! Go to: FINDMASSMONEY.com or call 1-888-334-6277.

Stop those telemarketers!

The National Do Not Call Registry is intended to give U.S. consumers an opportunity to limit the telemarketing calls they receive. To register by telephone (US), consumers may call 1-888-382-1222; or they may register via the web at the DoNotCall.gov registration page

Scam Checks!

Shred them. Tear them up. Remember, if it's too good to be true, it's too good to be true. No one is mailing you free burial expenses or free money. They are all scams. Whatever you do, don't cash them or deposit them. You may have signed for a loan with a interest rate up to 32% plus fees!

Phone calls!

Be on guard. If you are having difficulty saying, "no thank you"; then just hang up! Tell them a family member handles all your affairs-they'll hang up on you! Be aware, they are clever! Your called ID will show your own telephone number. If you didn't call yourself... don't answer! The IRS will never call you. Social Security Administration will never call you. Medicare will never call you. Ask where they are calling from and if they can mail you the info... you'll hear silence on the line.

Medicare's Open Enrollment

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check in 2015 will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2015 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits in 2015 and those who enroll in Part B in 2016, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In loving memory of Win LeGrow & Pauline Stickney
~ Grace & Mary Ishkanian

Thank you for your donation
~ Marie Babineau

In loving memory of David Sutherland
~ Anne Check

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

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WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

January 12th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST

January 14th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

HEARING CLINIC

January 5th

10:00 am—11:00 am



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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